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Cultural differences among
the aged in Ontario. 1969.

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DEPARTMENT OF SOCIAL AND FAMILY SERVICES

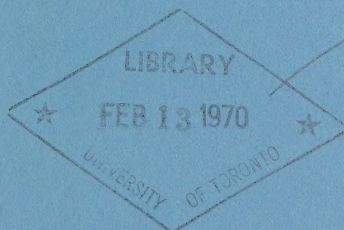
Honourable John Yaremko
Minister

M. Borczak
Deputy Minister

[General publication]

56-13

CULTURAL DIFFERENCES AMONG THE AGED IN ONTARIO



Hepburn Block, Parliament Buildings

Toronto Ontario

1969



DEPARTMENT OF SOCIAL AND FAMILY SERVICES

We are particularly pleased to send this pamphlet out, in the hope that it will stimulate interest in, and understanding of, the problems and also the potentials for achievement of the aged members of our diverse population groups in Ontario.

While this publication is focused on "aging" and therefore is of direct concern to our Department, the Government of Ontario, through the Department of the Provincial Secretary and Minister of Citizenship, headed by the Honourable Robert S. Welch, Q.C., also maintains an active role in this important field. Moreover several other Departments of your Provincial Government also have specialized programs of direct concern to the aged citizens of Ontario.

In addition to the topics touched upon in this pamphlet, the Department of Social and Family Services maintains an extensive program of social services for many persons and organizations in the Province. These range from Child Welfare and Day Nurseries through Rehabilitative and Social Maintenance Programs to the Elderly Persons Day Centres and Homes for the Aged program. A comprehensive series of brochures and information leaflets is available from the Department.

In all this we are pleased to share with the municipal councils and voluntary boards in joint effort. Without a doubt the major ethnic groups are also ensuring that community based services are available and meaningful.

A handwritten signature in dark ink, appearing to read "John Yaremko".

John Yaremko, Q.C.,
Minister.

A handwritten signature in dark ink, appearing to read "M. Borczak".

M. Borczak,
Deputy Minister.

FOREWORD

Several years ago our Department had the pleasant opportunity of participating in the opening of a unique Home for the Aged, 'Nipponia', serving the Japanese-Canadian community in Ontario. At that time the Director made a limited study of inter-generational relationships involved in that particular ethnic family and was reminded of the perennial cry of any older generation settled in a new land, as expressed in Rodgers and Hammerstein's 'Flower Drum Song': "What Are We Going To Do About The Other Generation?" That community did something positive.

The Japanese-Canadian community was not, of course, the first such group to open a Home. In Ontario we already had had the earlier development of a major Home complex by the Jewish community, together with various Mennonite Conferences involved in their own projects. More recently the Ukrainian Ivan Franko Home has become a reality, while the Chinese-Canadian community through the Mon Sheong Foundation, the Estonian, Polish and other communities are considering similar developments - - or at least community services for their aged. 1969 saw the opening of a Hungarian-language Home initiated and operated by a small group of Sisters, The Society of the Sacred Heart of Jesus who fled from behind the Iron Curtain in 1956 and settled in Courtland, Norfolk County, where the original Hungarian-Canadian settlements date back to the 1920s.

Ethel McClure's 1968 Minnesota history of Homes for the Aged, More Than a Roof, reminds us that in the early life of that State similar developments took place:

'A trend toward specialization was observable among benevolent homes after the turn of the century when facilities for the sole purpose of caring for the aged began to appear. The sponsors were largely church bodies Since some churches were set up along ethnic lines, a single home might be both national and church-related in character. ... Many elderly people ... would be happier, it was believed, if they lived among persons with whom they could communicate easily, and who shared the same traditions and customs.'

These are certainly some of the related factors for our present review, covering as they do such domiciliary-like care facilities. Dominick and Stotsky in their 1969 study of ethnic influences in long-stay institutions brought out a number of salient features affecting social relationships among those in such institutions.*

In all such settings, ethnicity is important - - and particularly for the older generations. Glazer and Moynihan in the States have amply demonstrated this.** To sum up their findings: "Ethnicity is much more tenacious than had originally been supposed. The United States is not the melting-pot that we once believed it to be." Possibly this will apply even more to Canada where we have made conscious efforts to retain and respect the individual contributions of the various ethnic families making up the larger Canadian family.

Professor Edward T. Hall (of Silent Language fame) treats of these significant ethnic differences in his more recent work on proxemics - - stressing that ethnicity affects man's perception and use of space.*** The latter consideration is one key to our Ontario residential services for the aged, in planning, design and programming.


But this small pamphlet goes beyond the straight in-residence service. We hope to stimulate community action in co-operation with Homes for the Aged and Elderly Persons Centres by reaching out more imaginatively into the community-at-large and harnessing the service-oriented energies of the ethnic communities per se.

In this respect we pay tribute to the Inter-Group Committee on Aging in Ontario which promises to be an extremely constructive body. We have in this pamphlet given some background on the formation of that Inter-Group Committee and other related activities co-sponsored by our Department of Social and Family Services.

* Dominick, Joan R. (R.N.,M.S.), and Bernard A. Stotsky (M.D.,Ph.D.), Journal American Geriatrics Society; 17(1):64-85. 1969.

** Glazer, Nathan and Daniel P. Moynihan, Beyond the Melting Pot, Cambridge, Mass. 1963.

*** Edward T. Hall, The Hidden Dimension, Garden City, N.Y.. 1966.



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We have sought to make available some references and descriptions covering certain of the programs of the Ontario Department of Social and Family Services, and more particularly the over 155 Homes for the Aged under charitable and municipal auspices in the Province, the Elderly Persons Centres and other organizations. We wish to co-operate with all these and other agencies in implementing individualized programs in recognition of the positive cultural dimensions of aging.

In the pamphlet we have reviewed various materials and certain presentations that have been made, including the panel discussion convened May, 1969, in conjunction with the Inter-Group Committee on Aging, and we have provided some specific conclusions for consideration by various local groups - - both voluntary and municipal.

The selected bibliography on culture, immigrant adjustment, and aging has been inserted as an introductory guide for the general reader.

We would welcome your comments on this publication and ways in which both the recommendations and further publications may be carried forward.

We again express appreciation to the Ontario Inter-Group Committee on Aging for their interest, and would acknowledge that the larger part of the pamphlet has been prepared by our own Consultant on Services, Mr. Robert Kreem, LL.B., M.S.W.. Bob Kreem was formerly Director of the International Institute of Metropolitan Toronto, one of the most dynamic organizations in one of the most challenging cities in North America.



Lawrence Crawford,
Director,
Office on Aging - -
Homes for the Aged Branch.



Rev. Sister St. Michael Guinan, Ph.D.,
Executive Officer (Research),
Office on Aging.

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1. Culture --- A Design of Living

Culture is described as a design of living which is characteristic to a particular society. In this broad sense, every human being is a cultured individual.

The culture in which a person lives is important to him and remains foreign only to the people of other cultures.

Two important concepts emerge from culture -- the concept of norms and the concept of role.

These are the cultural norms and roles, ascribed and achieved, which we must understand if we want to understand man in his interaction with his environment.

One cannot really understand another person without knowing his culture and its meaningfulness to him.

Through culture we can understand others and ourselves.

2. The Meaning of Immigration

Canada is the country of immigrants. After World War II, millions of new immigrants established their homes here. They have come with different cultural values and expectations.

Since the recent immigrant is still thinking in terms of his previous experience in the old country, he may not view life in his new country objectively. He may not be able to fulfill his prior expectations which may make him critical and bitter. Because he is usually unable to communicate in English and does not know the customs of his new country well enough, he joins people of his own ethnic community.

However, life in the new country means adjustment to new conditions, customs and expectations. The immigrant must gain knowledge of the country's official language, learn something about his new work, establish relationships with his co-workers, neighbours and other citizens. He should wear clothes according to the customs of his new country. The realities of life and social pressures do not allow him to remain too different. So he gradually becomes adjusted to his new environment.

There are a number of factors which speed or block adjustment. Personal adaptability, age, education, knowledge of the language of the land, financial, occupational and marital success, attitudes of the people in his new country toward immigrants and his attitude toward the new country, differences between new and old culture values are all important factors.

The immigrant's individual satisfaction has often proved to be the key to successful adjustment. A happy, secure person can establish meaningful relationships with many people and contribute to the happiness of others.

Immigrants, like other people, have a need to belong, participate and share. If this need is not being met, some problems usually follow. Belonging to the ethnic community in his adjustment period can provide the necessary support and help he is seeking. In the later stages, he may get more satisfaction in belonging to the other groups where ethnic background is no longer a dominant factor.

Research studies indicate that the immigrants' own culture values should not be degraded. Destruction of such culture values before alternative values have been internalized may lead to various conflicts and problems.

3. The Non-Immigrant Minority Groups

Some minority groups in Ontario are not immigrant groups. Indians and Eskimos, for instance, are the native peoples with distinctive backgrounds, cultures and values of their own. There are many old French settlements, particularly in the northern regions. In some Ontario communities the traditions of early settlers of other non-Anglo-Saxon origins also prevail. Thus, geographic and functional communities, like individuals, are all culturally different.

Democracy is based on the concept of individualization and uniqueness of the person. We believe that differences make our lives richer and more interesting. What we need is respect for each other and willingness to work together to achieve those things which are meaningful to us.

4. Culture and Aging

Aging generally means decline in physical and mental capacity and adjustment to much more limited conditions of life. An older person has less to look forward to in life. He therefore shifts his thinking from the present and future to the past. We do not believe these changes or self-perceptions are inevitable.

An older person of foreign extraction identifies more securely and with greater articulation of his needs with the cultural milieu of his childhood and growing years. He tends to maintain his native heritage in the land to which he and his ethnic group have emigrated. Even if he speaks the language of the land easily, the older person tends to continue to use his own native language in every-day conversation. He prefers his national food, enjoys memories from his country of origin, etc.. Since there are 200,000 elderly people in Ontario who are limited in English and these people, in turn, speak at least fifty different languages, communication itself can be a very important question in planning services to the culturally different aged.

5. Growth of Aged Population

The following tables provide some insight into trends in our Provincial population.

Table 1 shows that the total Provincial population is increasing, and the percentage increase of the higher age groups is greater than that of the population as a whole.

Table 2 indicates that, in 1961, two out of five Ontario residents belonged to ethnic groups other than British, a proportion that has been steadily increasing.

Table 3 shows that, proportionately, there are more younger people in minority groups than in the British origin group. This is notably so among numerous Italians and Portuguese who immigrated quite recently. This would mean that there will be more older people in minority groups in the future. Also that increasing numbers may want to speak their maternal language.

Table 4 shows the breakdown of British and other ethnic origins in major Ontario centres. Further breakdowns in ethnic composition of these city populations are available from Office on Aging, Ontario Department of Social and Family Services.

In planning services to the aged, it is very important to note that immigrant families tend to be widely dispersed, and that there are a larger number of unattached (single, widowed, divorced, separated) members of such families than in the general population. In 1966 half of those 65 and over who lived in Metropolitan Toronto were married and the other half single, widowed or divorced. A sample survey of Estonians in Toronto showed that only 32% in this age group were married and 68% unattached.¹ Older people without families certainly need more help from the community services than those who do have some family support.

TABLE 1
Changes in Selected Age Groups, Ontario Population, 1961 - 1966

<u>Age Group</u>	<u>Number*</u>		<u>Increase 1961 - 1966</u>	
	<u>1961</u>	<u>1966</u>	<u>Numerical*</u>	<u>%</u>
Under 20	2,444.6	2,803.3	358.7	14.7
20 - 44	2,136.0	2,308.0	172.0	8.1
45 - 64	1,147.4	1,281.9	134.5	11.7
65 & over	508.1	567.7	59.6	11.7
Total	6,236.1	6,960.9	724.8	11.6
60 & over	726.6	811.9	85.3	11.7
70 & over	328.0	368.5	40.5	12.3
80 & over	83.9	100.9	17.0	20.3

* In Thousands

1) Robert Kreem. "Sample Study of the Estonian Old Age Population in Toronto" (Mim. 1963), p.8.

TABLE 2
Percentage of Ontario Population of British Origin, 1931 - 1961

<u>Ethnic Group</u>	<u>1931</u> <u>%</u>	<u>1941</u> <u>%</u>	<u>1951</u> <u>%</u>	<u>1961</u> <u>%</u>
British	74.0	72.1	67.0	59.5
Other	26.0	27.9	33.0	40.5
TOTAL	100.0	100.0	100.0	100.0
<u>65 & over:</u>				
British			78.4	73.2
Other			21.6	26.8
TOTAL			100.0	100.0

TABLE 3
Percentage Distribution of Major Ethnic Groups by Broad Age Groups
Ontario, 1961

<u>Ethnic Group</u>	<u>Under 20</u> <u>%</u>	<u>20-44</u> <u>%</u>	<u>45-64</u> <u>%</u>	<u>65+</u> <u>%</u>	<u>TOTAL</u> <u>%</u>	<u>TOTAL</u> <u>% ↓</u>	<u>65+</u> <u>% ↓</u>
British	38.0	32.4	19.6	10.0	100.0	59.5	73.2
French	46.6	34.0	14.4	5.0	100.0	10.4	6.3
German	38.3	38.0	16.8	6.9	100.0	6.4	5.4
Italian	40.6	44.0	12.3	3.1	100.0	4.4	1.7
Netherlands	45.8	35.5	14.3	4.4	100.0	3.1	1.7
Polish	38.8	35.3	21.2	4.7	100.0	2.4	1.4
Ukrainian	38.5	37.6	19.1	4.8	100.0	2.1	1.2
Other	37.2	37.3	19.2	6.3	100.0	11.7	9.1
TOTAL	39.2	34.3	18.4	8.1	100.0	100.0	100.0

TABLE 4

Percentage of Population of British and Other Ethnic Origin
In Major Municipalities, Ontario, 1961

<u>Municipality</u>	<u>Type*</u>	<u>TOTAL</u>		<u>65 & over</u>		<u>65+ as % of</u>		<u>Total</u>
		<u>British</u>	<u>Other</u>	<u>British</u>	<u>Other</u>	<u>British</u>	<u>Other</u>	
		<u>%</u>	<u>%</u>	<u>%</u>	<u>%</u>	<u>%</u>	<u>%</u>	<u>%</u>
Belleville	C	77.4	22.6	84.3	15.7	8.7	5.5	8.0
Brantford	C	69.7	30.3	80.6	19.4	11.7	6.5	10.1
Cornwall	C	36.1	63.9	46.8	53.2	8.1	5.2	6.3
Fort William	C	45.0	55.0	54.1	45.9	9.5	6.6	7.9
Guelph	C	67.5	32.5	81.6	18.4	11.3	5.3	9.3
Hamilton	MA	62.1	37.9	76.7	23.3	9.7	4.8	7.8
Kingston	C	73.7	26.3	81.5	18.5	10.0	6.3	9.0
Kitchener	MA	43.3	56.7	46.2	53.8	8.2	7.3	7.7
London	MA	73.1	26.9	83.1	16.9	9.9	5.5	8.8
Oshawa	C	65.4	34.6	77.6	22.4	7.7	4.2	6.5
Ottawa	MA	44.0	56.0	58.5	41.5	8.6	4.8	6.5
Peterborough	C	83.9	16.1	90.5	9.5	10.1	5.5	9.3
Port Arthur	C	40.6	59.4	49.4	50.6	9.5	6.6	7.8
St. Catharines	C	58.7	41.3	72.3	27.7	9.5	5.2	7.7
Sarnia	C	68.3	31.7	81.6	18.4	7.4	3.6	6.2
Sault Ste. Marie	C	47.5	52.5	56.9	43.1	7.8	5.3	6.5
Sudbury	MA	33.5	66.5	35.6	64.4	3.6	3.3	3.4
Toronto	MA	60.7	39.3	77.7	22.3	10.0	4.4	7.8
Welland	C	36.5	63.5	49.6	50.4	9.3	5.5	6.9
Windsor	MA	46.7	53.3	56.6	43.4	10.1	6.8	8.3
<hr/>								
Ontario		59.5	40.5	73.2	26.8	10.0	5.4	8.1

*Type: C - City

MA - Metropolitan Area -
 DBS Census Grouping
 which does not corres-
 pond to government
 regions.

Source: Tables based on raw data from DBS Censuses of Canada and regrouped by Office on Aging, Ontario Department of Social and Family Services.

6. Ontario Department of Social and Family Services and Programs
for the Aged

The Ontario Government Department of Social and Family Services under the Honourable John Yaremko, Q.C., Minister and Deputy Minister, Mr. M. Borczak, has numerous social and financial assistance programs to meet the needs of individuals. These programs are administered through several Departmental Branches, Provincial Regional Offices and Municipal Social Service Departments.

However, the Office on Aging and the Homes for the Aged Branch, both under the direction of Mr. Lawrence Crawford, a gerontologist, have distinct responsibility for the development of services to the aged. The Homes for the Aged and the Senior Citizens Centres as major services to the aged are operated under statutes supervised by these Branches. Furthermore, on the recommendation of the Select Committee on Aging of the Ontario Legislature, the Office on Aging is fulfilling a greater enabling role in the co-ordination and planning of social services to the aged in Ontario communities.

Extended services have been made possible through new appointments to the staff in 1967-1968. Mr. Robert Kreem, M.S.W., became Consultant on Services, Office on Aging and Homes for the Aged Branch; Rev. Sister St. Michael Guinan, Ph.D. (Philosophy), a professor from London, Ontario, Executive Officer (Research), and Miss Jean Matlow, M.A. (Psychology), Research Officer -- Office on Aging.

The Homes for the Aged Branch itself employs many supervisory staff members with valuable experience and skills in institutional administration, medical service or the use of leisure in stimulating programs and activities.

Mr. Cyril Atkinson, B.Sc., a long-time Senior Supervisor, is Assistant Director; and Dr. Martin Spooner, a former Professor of Medicine in Toronto, is Chief Physician.

Staffs of the Office on Aging and Homes for the Aged Branch and other Departmental specialists are working together to achieve maximum results in services.

7. Office on Aging and Homes for the Aged Branch and
Programming for the Specialized Services to the Aged

A few years ago the Select Committee on Aging of the Ontario Legislative Assembly made an extensive study on the needs of the elderly in our Province. This study included the impact of culture in using community social services. In 1967, the Committee made various

official Recommendations for improved services. Since then, these Recommendations have served as guidepoints for further planning.

In February 1969, the Office on Aging started its own review on current aging problems in Ontario's ethnic communities. In response to a letter to all major ethnic organizations, some reacted by sending to the Office detailed information and suggestions for improved programming.

The need for companionship and an opportunity to speak their own language were the most characteristic needs expressed. Organizations showed interest in helping to find Foster Homes for the elderly require domiciliary care as in Homes for the Aged but who are unwilling to go there because of their limited English and different cultural background.

The Office on Aging further convened a small-scale meeting of ethnic representatives to learn more about their presentations. Hon. John Yaremko, Minister, Department of Social and Family Services, addressed the group. An ad hoc Ontario Inter-Group Committee on Aging was formed. It was decided that all ethnic groups in Ontario who are interested in the welfare of their aged should have the right to delegate two permanent representatives to this Committee so that problems can be continuously reviewed.

The Ethnic Press Club expressed willingness to help the new ad hoc Committee, together with the Office on Aging and Homes for the Aged Branch in communicating with the groups through their newspapers.

8. Ontario Inter-Group Committee on Aging

At this time the Ontario Inter-Group Committee is still an ad hoc formation. The work is directed by a five member Executive: Mr. Vladimir Mauko as Chairman (President, Ontario Ethnic Press, Slovenian rep.); Mr. Alexander Pashko - Vice Chairman (Polish); Mrs. Eugenia Pasternak - Secretary-Treasurer (Ukrainian); Mr. Richard Link (German) and Rev. Bruno Ederma (Estonian).

The Ontario Inter-Group Committee has held several meetings. The first meeting was devoted to organizational questions and communication. It was felt that many problems can be solved through communication and planning with proper Municipal Government representatives and that ethnic groups living within these local administrative boundaries should work together. Problems which cannot be handled locally can then be brought to the attention of the Provincial Inter-Group Committee and the appropriate Provincial Department.

The Ontario Inter-Group Committee arranged a visit to the Ukrainian Ivan Franko Home for the Aged. Roles of the Senior Citizens Clubs

were discussed. It was learned that there is probably only one such ethnic club in Ontario (Hamilton-German) among 700 clubs. The participants felt that ethnic organizations should convene their elderly people for discussions about various social activities and programs, that ethnic groups often do not use resources which are meant for all citizens, and that ethnic communities are often not quite aware of these resources to meet their problems. Therefore, a panel discussion was arranged to explore the needs and resources further.

9. "AGING IN THE CANADIAN MOSAIC" - A panel discussion about impact of culture on aging.

The panel discussion was held by the Ontario Inter-Group Committee on Aging in co-operation with the Ontario Office on Aging and Homes for the Aged Branch in Toronto's Runnymede Public School auditorium on May 24th, 1969.

Since the objective was not to air one-sided views, the panel was composed of people with different background and experience. They were:

Mr. N.S. Bojovic	-	Senior Psychiatric Social Worker in charge of Social Work Services for New Canadians, Toronto Board of Education
Miss M. Dominico	-	Information Officer, Section on Aging, Social Planning Council of Metropolitan Toronto
Mr. D.F. Ellis	-	Administrator, Home for the Aged, Timmins
Dr. J.M. Kirschbaum	-	President, Canadian Ethnic Press
Mr. E. Kutscha	-	President, German Canadian Senior Citizens Club, Hamilton
Mrs. J.J. McHale	-	Director, Forest City Kiwanis Senior Community Centre, London
Mrs. E. Pasternak	-	President, Ukranian Home for the Aged, Toronto
Mr. D.H. Rapelje	-	Administrator, Homes for the Aged and Rest Home, Welland and Port Colborne
The Moderator	-	Mr. R. Kreem, Consultant on Services, Office on Aging and Homes for the Aged Branch, Ontario Department of Social and Family Services

The meeting was opened by Mr. V. Mauko, Chairman, Ontario Inter-Group Committee. He stressed that this panel discussion was an attempt to clarify problems which arise out of the cultural differences and the inability to communicate in English. He hoped that many-sided exploration of the subject would stimulate further thought and action in all groups concerned with the welfare of the aged.

Mr. R. Kream as part of the introduction said that our society has social commitment to our elders. They need services which meet their needs, including meaningful opportunities to be useful. He stressed courage to see ourselves and others objectively. Also courage to be different, because many people who live in the shadow side of life lack courage to be different, courage to be and courage to become. He felt, however, that differences should not become blocks but vehicles for greater interest toward one another which, in turn, can lead us to more things we can do together as people.

Dr. J.M. Kirschbaum stressed the need for ethnic organizations and institutions. They help people who speak different languages. The fact that ethnic organizations and newspapers exist proves the right for their existence.

Dr. Kirschbaum said that Canada consists of many cultural groups and will stay as such for a long time until a new Canadian culture composed of all the elements of the Canadian population emerges. It is in the interest of this country to preserve all cultures. Canadians were proud in 1967 when ethnic groups displayed their cultures.

Mr. E. Kutscha described the hardships of the older immigrants in Canada. Those who came here in a more advanced age never learned to speak English or French properly. Evening classes are of little help, because the immigrant often works 10 - 12 hours daily. He is too tired to take courses after such exhausting work. Older persons also cannot learn so well. This is why older German Canadians are not able or comfortable in communicating in English. The philosophy of his Hamilton German Senior Citizens Club lies right here: "We help our elders in their problems and provide opportunities for their activities."

Mrs. E. Pasternak found that lack of services for non-English speaking elderly forced her group to establish a Home for the Aged where residents could find not only shelter but also dignity. She felt that even a younger person does not feel always comfortable in a culturally different environment. To place an older non-English speaking person in such a situation would be almost cruel and perhaps inhuman.

Miss M. Dominico said that all people regardless of ethnic background have the same basic needs - need for adequate income, for health maintenance, for suitable accommodation, for companionship and most of all the need to be wanted and useful. She felt that there are many ways of handling language difficulties - through the use of volunteers who are learning other languages and through other people who are learning to speak a little English.

Miss Dominico said that housing appears to be one of the main problems for the elderly and that ethnic groups should consider their own boarding and foster homes. Many old people who have contacted the Social Planning Council in Toronto wish to remain in their own homes for as long as possible. Therefore home-help, meals-on-wheels and friendly visiting are important community services. Can ethnic groups help to provide such services?

Mr. D. Ellis said that there are many ethnic groups in Northern Ontario and that the north is a true melting-pot and a true Canadiana. He felt that people there have cultural differences, but his Home for the Aged also hires staff who speak many languages. He did not feel it necessary to establish Homes for the Aged for all ethnic groups in the north. People in his Home for the Aged are happy whatever their background might be. Among them, he has a Jewish lady resident. He doubted whether she could be happier in Toronto Jewish Home for the Aged. Her relatives and friends are all living in the north.

Mrs. J. McHale stated that she has travelled across the Province a great deal and has learned that in Senior Citizens Housing Developments people with different ethnic backgrounds get along well. People should find housing where they live and not follow their children who, in these days, move frequently from one part of the Province to another.

She has found that all groups in London, Ontario, relate to each other with understanding. They have not expressed need for special services. There are several ethnic groups who use her Senior Citizens Centre for meetings and recreation. She is always ready to help individuals and groups in whatever way is best for them.

Mr. D.H. Rapelje felt that emphasis on social services should be put on developing preventive programs, e.g. assisting older people in their homes. People with different ethnic backgrounds have lived together in Welland County for many generations. He did not find any communication problems there. Although he has served his community for 14 years, he has not heard any requests for separate housing, separate institutions and separate services. Only 7 out of over 400 residents in his Home for the Aged do not speak English. However, they do seem to get along with others well.

He spoke about their Foster Homes for the Aged experience and stressed that Foster Homes which are supervised by a Home for the Aged can provide appropriate environment for the ethnic residents. However, his experience is that some people from minority groups do not wish

to live with the people of their ethnic origin. Matching personalities are more important.

Dr. J.M. Kirschbaum felt that special services should be provided when needed and not automatically in all cases.

Mrs. E. Pasternak asked why people from Welland, St. Catharines and Hamilton want to come to Toronto Ukrainian Home for the Aged. Happiness of the person cannot be judged according to the only word he knows and says - "Good morning". This was supported by several speakers from the floor.

From the floor "Culture means more than language. We need various ethnic homes. Melting-pot theory is wrong."

"We are all human beings. We all get old. If people prefer this or that, let them have what they prefer."

Mr. N. Bojovic summarized his thoughts about immigrants and their problems in this way:

"Immigrants are not problem people but people with problems mainly caused by stress while making efforts to adjust to a new environment.

The change of cultures and breaking of ties with the native land often exposes human beings, especially elderly people, to emotional stress that might present serious problems in their adjustment.

The language barrier, socio-cultural differences, lack of community services and the prejudice and discrimination that they encounter makes it necessary for immigrants to depend for a prolonged period on their ethnic organizations. Unfortunately, this is often misunderstood by the established community and the newcomers are criticized for creating "ghettos" by choosing to live in districts in which their ethnic group predominates.

Immigrants who experience difficulty in their adjustment complain that our community services are not geared to be of much help to them. They feel that social services are very complicated and that social agencies do not have enough Social Workers and other professional staff who speak foreign languages and understand other cultures. They believe that many of their problems could have been prevented if the social services were designed to help them during the first years of their adjustment.

The school of thought, that prevailed until recently, that immigrants should not be provided with services in their own language because they would not be motivated to learn English and consequently would

delay their integration, has proved to be detrimental to the health and welfare of the immigrant and also a bigger drain on the taxpayer. Fortunately, there has been a gradual but steady realization that New Canadians cannot postpone their problems until they learn English as they should be helped when they need it most - during the first years of their adjustment.

Automation and cultural differences appear to be major problems for immigrants, particularly for the elderly. They feel that Canadians have a patronizing attitude, expecting them to make all the changes and conform to the Canadian way of life. They resent this and consequently live in social isolation which is detrimental to their mental health. All immigrants would like their cultural values to be respected and incorporated in the Canadian mosaic.

Adjustment and integration of immigrants is a long process and to be successful depends to a great extent on the immigrants themselves. However, regardless of their efforts, integration is limited to the extent they are accepted and helped by the community.

To human beings, particularly the very old and the very young, it is very important to feel accepted, loved and to have a feeling of belonging. Unfortunately, we live in a world of unrest in which racial prejudice, discrimination and rapid change are becoming dominant factors. It is the older person who often experiences difficulties when confronted with these problems. The literature on mental health has demonstrated an important relationship between cultural clashes and mental illness. Persons who are exposed to opposite sets of cultural values are often in conflict with themselves. They want to preserve their own values but society imposes different ones on them.

The need for comprehending socio-cultural factors in the understanding and helping of the elderly in this complex world of today is greater than ever. Old age is a term that most people fear in our society, when, with all our rich resources, it should be welcomed.

In spite of our greater psychological knowledge of the human being, there has never been such a rejecting attitude towards the aged in the history of the western world. This is especially evident on our continent where youth and physical vigor are particularly valued. It is true that there cannot be progress without vigor and change but not all change is progress, nor is all progress made by vigor alone.

Most of our immigrants come from a less complex society where family closeness and the role of grandparents, parents and children is well defined. Upon their arrival here they find that the family security and stability that they cherished in their own country is threatened by our technological progress and the gap between generations.

One of the main problems that arise on their arrival is to obtain a suitable job. The economic and emotional security derived from satisfactory employment plays an important part on the mental health of a human being and in particular on our senior citizens. Idleness, loneliness and dependence are most feared by the aged - they are the main causes of senility and other illnesses.

Medicine and other sciences are helping us to live longer, but we must learn how to make these extended years more enjoyable.

Any programme that is aimed at helping immigrants in their adjustment and integration should not be in isolation as a "Programme for New Canadians". All interested Canadians must be involved so that we can begin to have a greater understanding of the needs of all our citizens.

It is hoped that the ethnic leaders, in cooperation with the social agencies, will use more effectively the available community resources and services for the elderly and with the help of the Provincial and Municipal governments will be able to provide services that would restore the dignity, independence and self-respect of all our senior citizens who have made a great contribution to the growth and development of Canada.

I would like to say that the Toronto Board of Education has been aware of the problems and needs of people living in the modern industrial urban city such as Toronto and has established the Social Work Service for New Canadians. This service provides immigrants and their children with equal opportunities for using the social services within the Board of Education as well as in the community. In the field of education this Service has been extended to an extent unparalleled in any other Canadian city.

It should be noted, that in spite of the many complaints that I have heard from New Canadians, they all agreed that Canada is the best country to live in. I would also like to assure you that the people from all three levels of government with whom I have the privilege of working, are doing their utmost to help New Canadians in their adjustment and integration. They have a high respect for the rights and cultural outlook of immigrants and feel that their culture should be incorporated into the Canadian mosaic."

The Director of the Office on Aging and Homes for the Aged Branch, Ontario Department of Social and Family Services, summed up in this way:

"The approach of our Ontario Department of Social and Family Services as well as other Departments, and I speak for the Honourable John Yaremko, Q.C., and his Deputy, Mr. M. Borczak, is that we want to promote and develop services for the aged. We have been doing so and we plan to be even more active.

We have been very happy to secure Mr. Robert Kreem as our Consultant on Services, particularly in view of his earlier involvement and interest in the matter of the ethnic communities and their aging members. For me personally the ethnic communities, of course, are all-embracing; they are not only those of predominantly European backgrounds which I think you represent today, but also the earlier Anglo-Saxon and French, Asian and other countries, and naturally our original citizens, the Indians and Eskimos. It is our responsibility to see that services to the aged are universally made available and your Provincial Administration is not going to evade such a responsibility.

We are delighted to be able to co-operate now with the Inter-Group Committee which has been set up under the chairmanship of Mr. Mauko and his associates.

Listening to today's discussion I can see at once where perhaps we can be of further support. This meeting has been organized primarily by your Ontario Inter-Group Committee. We will help in preparing summaries of the various viewpoints expressed. We can have this printed and made available across the Province -- and in translation as you choose.

I think we are going to see more meetings of this group and I would at once say that we are quite prepared to provide support and call a conference together with your Inter-Group Committee. We will provide all necessary secretarial and other supportive services so that we may have a full-fledged discussion involving all the ethnic communities across our Province.

We hope that we might have an official representative of the Ontario Association of Homes for the Aged to work with your Inter-Group Committee. I hope that your Committee will take an active interest in working with that Association and other organizations.

I think that there are other associations and organizations with which the Ontario Inter-Group Committee ought to be thoroughly familiar, and I am delighted to notice some of the representatives in the audience. There are the various local social planning councils or welfare councils, for example, Miss Mary Dominico represents that of Metropolitan Toronto. There are the groups such as the Services for Seniors Committee of the Ontario Division, Canadian Red Cross Society. I am delighted to see Mrs. L.F. Anderson in the audience, together with a former chairman of that service and now head of the Division on Aging, Canadian Welfare Council, Ottawa, Miss Hope Holmestead.

I think we all recognize that when we became newly involved in the Canadian culture that if we survived to 80 we could begin to wish for certain things that we remembered from an earlier age that may not be available in the general Canadian culture. I say this as a "new" Canadian. I say it on behalf of, and understand, older members of many of the various groups represented here.

We recognize these needs. Some of them are very simple and can be expressed in the most basic human terms. All I want to stress is that we are going to give our staff all opportunities to support your efforts through Mr. Mauko and his Committee, and we want your co-operation.

We may be sending out more questionnaires from time to time to find out your willingness to assist and the areas that are of particular concern to you. We need this "feedback".

What help, for example, can we expect in finding Foster Homes so that our Department in conjunction with the municipalities of this Province can enlarge and develop a Foster Home program under available legislation. We want to know if you can and will provide voluntary services, friendly visiting, "meals-on-wheels" for people with language difficulties or particular requirements. We want to know how much friendly visiting there will be through Homes for the Aged and in the community in general.

I do want to take this opportunity since so many are here from the Metropolitan Toronto area, to introduce three representatives who are here officially from the Corporation of Metropolitan Toronto Department of Housing: Mr. Frank Russell, the Assistant Administrator at Greenacres and Mr. George Humble of Hilltop Acres located in the city of Toronto, and last but not least, Mr. Sydney Young, the Administrator of the main Home for the Aged in the Metro system, Lambert Lodge. We are particularly delighted to have these three gentlemen with us and I hope that they will be impressed with the enthusiasm and potential for support represented by your groups today.

We all come from many backgrounds and sometimes we perhaps note idiosyncrasies in this new land of our choice, but isn't it wonderful to be in Ontario, Canada? A place where we can meet, where we can plan, where we can prepare to work together for our mutual advantage and the greater good of the aged and all members of our society."

Mr. R. Kream thanked the panelists, the audience and the Inter-Group Committee. He stressed the importance of communication between individuals, groups and governments. Most problems simply exist because we do not communicate with each other. Whether we represent organizations or government departments, we are all human beings and as such seek always better ways to serve fellow-man. We must all get involved in this work.

The Ontario Inter-Group Committee provides the opportunity to work out problems together with the assistance of the Office on Aging and Homes for the Aged Branch as was also said by Mr. Crawford, Director, at this meeting.

We have expressed different views on the same questions but at the same time we have expressed the desire to work together. And this is perhaps the most important outcome of this meeting. We will meet again in different places and on more specific problems. We shall never cease to seek the best ways to improve our social services for our elderly and with our elderly.

10. Suggestions of the Office on Aging & Homes for the Aged Branch to meet the Needs of our Culturally Different Aged

Office on Aging and Homes for the Aged Branch, Ontario Department of Social and Family Services, after studying various needs of the elderly, makes the following suggestions to Ontario ethnic groups, municipal governments and community organizations as it relates to the culturally different aged:

1. Study needs for special services for the culturally different aged in the Ontario Counties, Districts and Cities as the most logical administrative units for planning
 - a) by surveys and
 - b) meetings between local ethnic and non-ethnic group representatives.
2. Set up plan of action most appropriate for the area. Within this plan
 - a) encourage formation of ethnic senior citizens clubs and participation of these clubs in the wider community activities;
 - b) encourage participation in the existing community senior citizens clubs, centres and other community organizations and councils;
 - c) explore possibilities for involving people with various ethnic backgrounds for homemakers service, friendly visiting, meals-on-wheels, etc. to strengthen the community preventive programs and to meet the specific needs peculiar in the area;
 - d) set up Foster Homes under the administration of the municipal Home for the Aged. This program allows up to six aged persons to be placed in each private home.

Such Foster Homes can meet the specific needs of the culturally different persons and those elderly who prefer living in the community to living in the Home for the Aged.

Organizations and churches, ethnic or non-ethnic, can help the local municipal Home for the Aged find appropriate foster homes and provide further support and help for their success and usefulness.

- e) review admission policies of all Homes for the Aged in the County, District or City and make arrangements so that different Homes can house people with certain ethnic backgrounds in the interest of their residents' happiness and communication. Such arrangements create better basis for organized visitings by ethnic organizations.
3. Set up proper liaison system and continuous communication with the various service groups in the area.

If feasible, establish local Inter-Group Committees on Aging.

Since the Municipal Home for the Aged has often direct or indirect responsibility for the welfare of the aged in the area and that this Home also usually has many resources to meet the needs, it is logical for groups to contact the Administrator of the Home first for planning. The Administrator also has moral responsibility to explore the needs if no such direct request has been made. Often people do not know where to go with their problems.

4. If problems seem to be wider than local, contact Office on Aging & Homes for the Aged Branch or Ontario Inter-Group Committee on Aging for advice and appropriate action. In some cases Provincial plans should be set up. For instance there are some ethnic Homes for the Aged in the Province (Jewish, Japanese, Ukrainian, Hungarian) which meet such specific needs. The same principle is the basis for various Homes for the Aged which serve religiously different aged (Roman Catholic, United Church, Anglican, Mennonite, etc.). Sometimes religious and ethnic factors coincide.

11. ADDRESSES FOR COMMUNICATION

Provincial

Office on Aging & Homes for the Aged Branch,
Ontario Department of Social and Family Services,
5th Floor, Hepburn Block,
Parliament Buildings, Toronto 182. Tel: 365-5103 & 5336
Director: Mr. Lawrence Crawford

Ontario Inter-Group Committee on Aging,
c/o Tiroler House,
1115 Bay Street, Toronto 181. Tel: 923-7021
Chairman: Mr. Vladimir Mauko

Provincial Secretary and Minister of Citizenship,
Province of Ontario,
Parliament Buildings, Toronto 182. Tel: 365-2021

Ontario Association of Homes for the Aged,
127 Celina Street, Oshawa. Tel: 723-9484
Executive Secretary-Treasurer:
Mr. R. Cecil Bint

United Senior Citizens of Ontario, Incorporated,
127 - 6th Street, Toronto 510.
President: Mr. J. I. Lerette

Youth and Recreation Branch,
Ontario Department of Education,
559 Jarvis Street, Toronto 285 Tel: 365-2625
(Resources for education and training
for senior citizens)

Ontario Housing Corporation,
188 University Avenue., Toronto 110. Tel: 366 -9141
Managing Director: Mr. H. W. Suters

Ontario Human Rights Commission,
74 Victoria Street, Toronto 210. Tel: 365-6845

Canadian Red Cross, Ontario Division,
460 Jarvis Street, Toronto 284. Tel: 923-6692
Chairman, Services for Seniors:
Mrs. L. F. Anderson
(Provides various volunteer services to the aged)

Ontario Welfare Council,
22 Davisville Avenue, Toronto 295 Tel: 487-3291
Executive Secretary, Section on Aging:
Miss C. B. Genik

Federal

Department of National Health and Welfare (Canada)
Old Age Security Division,
795 Don Mills Road, Toronto 402. Tel: 966-6000
(P.O. Box 6000, Station "Q")
Regional Director: Mr. J. G. Parsons

Municipal Homes for the Aged
in
Ontario Cities, Counties and Districts
With High Proportions of Residents of non-British Origin

Metropolitan Toronto

Mr. A. W. Varcoe, Commissioner of Housing,
Municipality of Metropolitan Toronto,
4th Floor, East Tower,
City Hall, Toronto. Tel: 367-8530.

Lambert Lodge,
350 Christie Street, Toronto. Tel: 531-5771.
Administrator: Mr. S. A. Young.

Ottawa-Carleton Region

The Regional Municipality of Ottawa-Carleton,
Island Lodge, Porter's Island,
Ottawa. Tel: 825-1167.
Administrator: Miss Viola Allan, R.N.

Chatham City

Victoria Home,
190 Stanley Ave., Chatham. Tel: 354-0610.
Administrator: Mr. E. D. Wheaton.

Hamilton City

Macassa Lodge,
Sherman Avenue South, Hamilton. Tel: 385-5311.
Administrator: Mr. T. Smith.

Kingston City

Rideaucrest,
362 Montreal St., Kingston. Tel: 546-3281.
Administrator: Mr. J. H. Sellers.

Lakehead Cities

Grandview Lodge,
Lillie Street, Fort William. Tel: 622-7793.
Administrator: Mr. L. Drukten.

Dawson Court,
523 N. Algoma Street, Port Arthur.
Administrator: Mr. J. F. Stilwell.

London City

The Dearness Home,
710 Southdale Rd., London. Tel: 434-2183.
Administrator: Mr. E. W. Chown.

Oshawa City

Hillsdale Manor,
185 Hillsdale Ave., Oshawa. Tel: 728-4616.
Administrator: Mr. W. D. Johns.

Peterborough City

Fairhaven Home,
Langton Street, Peterborough. Tel: 743-4265.
Administrator: Mr. C. L. Cullimore.

Sarnia City

Dr. Marshall Gowland Manor,
999 Maxwell Street, Sarnia. Tel: 336-3720.
Administrator: Mr. A. R. A. Smith.

Kirkland Lake City

Teck Pioneer Residence,
P.O. Box 396, Kirkland Lake. Tel: 567-3257.
Administrator: Mr. N. Lewis.

Timmins City

Golden Manor,
481 Melrose Blvd., Timmins. Tel: 264-5375.
Administrator: Mr. D. F. Ellis.

Windsor City

Huron Lodge,
1475 Huron Line, Windsor. Tel: 252-5747.
Administrator: Mr. R. Chappell.

* * *

Brant County and City of Brantford

John Noble Home,
Mt. Pleasant Street, Brantford. Tel: 752-6772.
Administrator: Mr. J. H. Gillies

Essex County

Sun Parlor Home for Senior Citizens,
175 Talbot Street E., Leamington. Tel: 326-5731.
Administrator: Mr. T. W. Morris.

Kent County

Thamesview Lodge,
Chatham, Tel: 352-4823.
Administrator: Mr. W. Wright.

Lincoln County and City of St. Catharines

Linhaven,
P.O. Box 580, St. Catharines. Tel: 934-3364.
Administrator: Mr. R. E. Comfort.

Prescott & Russell Counties

Prescott and Russell Counties Home,
L'Orignal. Tel: 675-4696.
Administrator: Rev. Sister Joseph Anselme.

Renfrew County

Miramichi Lodge,
Pembroke. Tel: 735-0175.
Administrator: Mr. R. Mulroy.

Bonnechere Manor,
Renfrew, P.O. Box 309. Tel: 432-4873.
Administrator: Mr. Jas. L. Hughes.

Simcoe County

Mr. J. R. Coleman, County Treasurer,
Court House, Barrie.
(Homes for the Aged in Beeton, Collingwood and Penetanguishene)

Stormont, Dundas & Glengarry

Glen-Stor-Dun Lodge,
P.O. Box 373, Cornwall.
Administrator: Mr. G. Wells.

Waterloo County

Sunnyside Home,
247 Franklin Street, Kitchener, Tel: 745-7176.
Administrator: Mr. S. E. Young.

Welland County

Sunset Haven
163 First Ave., Welland. Tel: 735-1620.
Administrator: Mr. D. H. Rapelje.

Wentworth County

Wentworth Lodge,
41 South Street West, Dundas. Tel: 628-6359
Administrator: Mr. W. A. Wingrove.

York County

York Manor,
Newmarket. Tel: 895-5181.
Administrator: Mr. L. B. Gohn.

* * *

Algoma District

Algoma Manor, Thessalon. Tel: 842-2840.
Administrator: Mr. F. Hill.

F. J. Davey Home, R.R.2,
Sault Ste. Marie. Tel: 256-5101.
Administrator: Mr. S. Weeks.

Cochrane District

North Centennial Manor,
2 Kimberley Dr., Kapuskasing. Tel: 335-6125.
Administrator: Mr. G. Maybury.

South Centennial Manor,
Iroquois Falls, Tel: 258-3836.
Administrator: Mr. A. MacDonald.

Nipissing District

Cassellholme (East Nipissing)
400 Olive Street, North Bay. Tel: 474-4250.
Administrator: Mr. H. Bain.

Au Chateau (West Nipissing)
100 Michaud Street, Box 490,
Sturgeon Falls, Tel: 753-1550.
Administrator: Mr. R. J. Primeau.

Sudbury District

Pioneer Manor,
960 Notre Dame Ave., Sudbury. Tel: 566-4270
Administration: Mr. K. A. MacRae

Thunder Bay District

Pinewood Court,
445 James Street, Fort William.
Administrator: Mr. D. O'Gorman.

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Senior Citizens Centres in Ontario Under The Elderly Persons Centres Act, 1966

Avenue Road Lions Club Senior Citizens Day Centre, 396 Melrose Ave.,
Toronto

Baycrest Day Care Service, 3560 Bathurst St., Toronto

Brant Senior Citizens Day Centre, 25 Charlotte St., Brantford

Burlington Senior Citizens (Community Centre), New Street, Central Park,
Burlington

Forest City Kiwanis Senior Community Recreation Centre, 78 Dundas St. W.,
London

Harmony Hall and Senior Citizens Centennial Centre, 2 Gower Street,
Toronto

Oshawa Senior Citizens Centre, 43 John Street, W., Oshawa

The St. Christopher House, 67 Wales Ave., Toronto

Second Mile Club of Toronto, 192 Carlton St., Toronto

Senior Citizens Center, 65 Elliot St. E., Windsor

Senior Citizens Recreation Centre, 20 Betzner Avenue South, Kitchener

Senior Citizens Recreation Centre, 59 McDonnell St., Peterborough

Senior Citizens Social and Recreation Centre, Dunlop Drive at Niagra St.,
St. Catharines

* In addition to these Municipal Homes, there are others as well - Charitable Institutions. A current Directory is available from the Office on Aging -- Homes for the Aged Branch, Ontario Department of Social and Family Services, Parliament Buildings, Toronto.

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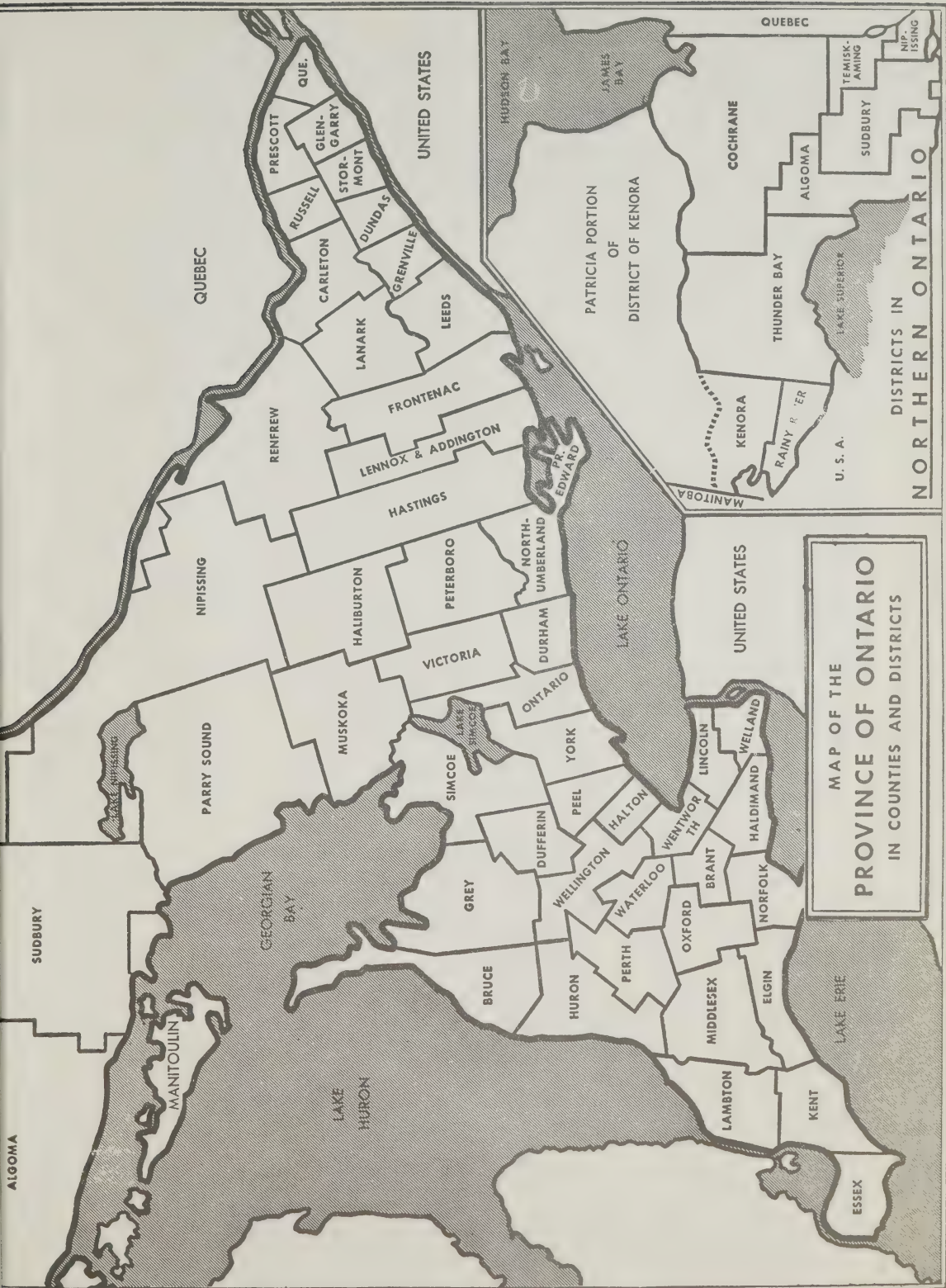
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MAP OF THE
PROVINCE OF ONTARIO
IN COUNTIES AND DISTRICTS

QUEBEC

UNITED STATES

QUEBEC

COCHRANE

ALGOMA

SUBBURY

TEMISKAMING

DISTRICTS IN
NORTHERN ONTARIO

U. S. A.

MANITOBA

PATRICIA PORTION
OF
DISTRICT OF KENORA

THUNDER BAY

KENORA

RAINY RIVER

LAKE SUPERIOR

HUDSON BAY

LAKE ONTARIO

UNITED STATES

GEORGIAN BAY

LAKE HURON

LAKE ERIE

SUBBURY

MANITOULIN

PARRY SOUND

MUSKOKA

HALIBURTON

PETERBORO

NORTH-UMBERLAND

FRONTENAC

LENNOX & ADDINGTON

HASTINGS

VICTORIA

DURHAM

YORK

GREY

BRUCE

HURON

PEEL

DUFFERIN

WELLINGTON

WATERLOO

PERTH

MIDDLESEX

OXFORD

BRANT

WENTWORTH

LINCOLN

WELLAND

HALDIMAND

NORFOLK

ELGIN

LAMBTON

KENT

ESSEX

